



ILLAWARRA CANCER CARERS^{INC}

Now
Volunteering
33 Years

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NEWSLETTER – AUGUST 2024



NEXT OPEN MEETING

Our next Open Meeting is on Monday 19 August at 1 pm Upstairs Level 1, at Berkeley Sports Club, 5 Wilkinson Street, Berkeley.

Please Note: Professor Clingan has confirmed his acceptance to be Guest Speaker at our Open Meeting on Monday, 19 August. This will be a good opportunity for everyone, but especially many new Carers to meet Professor Clingan who is our Patron. Any questions you have regarding our funding of Deflexifol please pass to Vera prior to the above meeting.

Also, a reminder to anyone helping in the Cancer Centre or C7 they need to have their FLUVAX.

Many thanks
Leslie

APPLICANTS FOR MEMBERSHIP

Memberships are for a 3-year period and all members will be reminded that memberships are due before 1 July 2025. At that date you will pay for another 3 years.

RETURN TO WARD C7

Hi

I'm very happy to now give you an update on where we are with returning to the C7 Ward. For those of you who don't know, C7 is the ward where cancer patients stay for ongoing treatment (sometimes up to 30 days at a time and may have travelled far from their home, and therefore won't have visitors every day).

We aim to start visiting Ward C7 late August or early September.

Thank you so much to Kerrie Metcalfe for offering to take on the role of Coordinator. Kerrie was our Driver Trainer.

The NUM is very keen for us to return and very appreciative of whatever support we can offer, knowing that we may not have volunteers available every day. She is very flexible with this arrangement and would like our group to focus on "companionship" for the patients as our primary role.

Does this sound like something you might be interested in? Could you offer a few hours once a week or once a fortnight, or even once a month? If so, could you please let Kerrie know ASAP 0418 258 638 or email her at:

k.metcalfe58@optusnet.com.au

Kerrie Metcalfe
Co-ordinator Ward C7

CHANGE OF TRAINER FOR DRIVERS

Judy Mercer has offered to take on the role of Driver Trainer 0409 981 971.

We thank Kerrie for taking this role recently but as she has offered to be the Coordinator for Ward C7 we are pleased and thank Judy for undertaking the Driver Trainer role.

Banquet at the Beach 2024 Update

We have a fantastic team putting together a wonderful event. The day will be great fun! Light entertainment, the raffle will be drawn, and auctions with great prizes. Our sewing ladies will have a stall full of beautiful handmade items, just to name a few things that are planned.

Kay has organised some amazing prizes and is preparing to have the raffle tickets printed by the end of July. Please take a book or two to sell. **Our theme for the Banquet is 'Come fly with us'**. It is a good opportunity to help Illawarra Cancer Carers and get some exposure for your business.

Tickets for the Banquet are on sale at our Try Booking site - that went live 1 July 2024 - **\$160.50 (incl booking fee)** pp for a 3-course meal including a drinks package and entertainment. Tables are starting to sell. Jump online so you don't miss out. Just ctrl and click:

<https://www.trybooking.com/CRIGW>

Well done, Sonia for all your hard work preparing the site.

A big 'THANK YOU', to all those generous people that have already donated. We appreciate your support

Please find a list of committee members you can contact if you would like to donate a prize, big or small. We are also here if you need help to purchase tickets.

Heather Cunningham	0403 006 319
Penny Wilson	4283 5511
Jackie Skeen	0422 352 930
Sonia Jennings	0414 921 149
Patricia Hearn	0438 336 218
David Berry	0409 126 691

Name Badges

If you would like to wear a badge while you are representing the Illawarra Cancer Carers in your volunteering role, then these can be purchased from Gala Trophies for \$12 each.

Gala Trophies have recently relocated and can now be found at 3 Ellen Street Wollongong and are open from 9.00am to 4.30pm during week days.

Vera Rupa

LYMPHOEDEMA

Clinic dates for 2024:

August 9 23	September 6 20
October 4 18	November 1 15 29

Should anyone have a cough, flu or feel unwell please ring Jeanette to cancel your appointment and re-book.

Session Times 9.30: 10.30: 11.30: 12.30
If you need to book in for a time slot
Ring - Jeanette 0412 159 369

Thanks Jeanette ---

Clinic 0423 135 342

or Jeanette 0412 159 369

lymph@illawarracancer.org.au

BULLI PALLIATIVE CARE

Good Afternoon Cancer Carers

The bladder scanner has finally been put together by Biomed today – very snazzy.

I thank you once again from all of us on 2 West Bulli Hospital for the generous donation from the Cancer Carers for the bladder scanner

The bladder scanner will be very well utilised for our patients

Kind regards

Rebecca

Nurse Unit Manager-2 West | **Bulli Hospital**



UNIVERSITY OF WOLLONGONG

Hello Marie,

Yesterday was so interesting, it was very special to see the work that you are doing. Thank you for inviting us and sending us a copy of the list of our donations (to be printed in our September Newsletter).

Lovely to put faces to these emails!

Patricia

ILLAWARRA CANCER CARERS CONTINUE VITAL SUPPORT OF UOW RESEARCH

Illawarra fundraising enables life changing cancer research



PhD student Elahe Minaei, Associate Professor Kara Vine-Perrow, research assistant Chelsea Penny, Senior Professor Marie Ranson with (Cancer Carers representatives Patricia Hearn; Soria Jennings; Jeanette Emmerich and Dave Berry)

Innovative treatments developed from ground-breaking research at the University of Wollongong's (UOW) **Molecular Horizons Institute** – made possible by the generous support of not-or-profit organisation **Illawarra**

[Cancer Carers](#) (ICC) – may soon be delivering benefits to cancer patients.

The latest philanthropic donation of a \$47,500 cash gift was presented by ICC volunteers to UOW researchers on Wednesday 24 July during a presentation on the latest UOW research findings.

Throughout the 18-year partnership, ICC have gifted more than \$1.2 million to UOW to support cancer research. The gifts are raised purely through local fundraising events such as stalls, raffles and an annual banquet.

“This long-term support from the ICC has helped drive cancer research conducted by my team and research and clinical collaborators in the Illawarra region,” Senior Professor Ranson from the [School of Chemistry and Molecular Bioscience](#) and Molecular Horizons Institute said.

“The ICC are also great advocates of cancer research at UOW which has strengthened community recognition of our research”.

The 2024 gift will enable the continued employment of experienced cancer research assistant Ms Chelsea Penney for [Senior Professor Marie Ranson](#), [Associate Professor Kara Vine-Perrow](#) and [Associate Professor Dan Brungs](#)’ research labs.

“Chelsea contributes to several projects, including new therapeutic strategies for metastatic gastric cancer, and proving the safety and effectiveness of an implantable device for localised delivery of cancer drugs,” Professor Ranson said.

“As researchers around Australia are forced to compete for funding from an ever-decreasing national government cash pool, philanthropy such as this bridges funding gaps. Being able to retain highly skilled personnel such as Chelsea maintains our research momentum.”

Professor Ranson is an expert in molecular biomarkers of cancer invasion and metastasis and has successfully led and contributed to several drug development projects.

Two of the UOW research projects that received early and crucial support from the ICC have gone on to attract commercial support. The most advanced of these is the Deflexifol project which was spun-out of the University into a local pharmaceutical start-up company [FivepHusion](#).

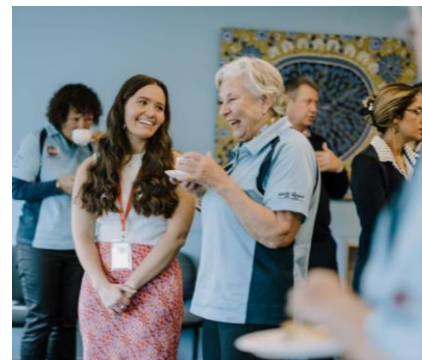
This has enabled the drug to be utilised in two cancer clinical trials in Wollongong, which have demonstrated very promising results in 60 people with advanced cancer.

“FivepHusion has now received approval to trial the drug in first line patients across Australia pending major investment, potentially allowing Deflexifol to improve outcomes for 6 million new patients around the world each year,” Professor Ranson said.

Another UOW project, run by Associate Professor Vine-Perrow, has attracted commercial interest to take her lab’s localised drug delivery platform forward into clinical trials. Ms Penney has contributed her research assistance to this project.

ICC member and organiser of the annual ICC [Banquet at the Beach](#) fundraiser, Ms Patricia Hearn, attended Wednesday’s presentation and said the local community is vital in ensuring the continued support of UOW’s cancer research along with the Cancer Centre and ICC’s support services for cancer patients.

The ICC is a group made up of trained local



volunteers who support and care for cancer patients at the Cancer Care Centre and the C7 inpatient unit at Wollongong Hospital, and the Palliative

Care Unit at Bulli Hospital.

“Our support of UOW’s important cancer research would not be possible without the generous support from the Illawarra community,” Ms Hearn said.

“The ICC is run one hundred percent by volunteers and is one hundred percent local, which makes the Cancer Centre really special. It is unique for the district. By providing various other programs to assist cancer patients such as driving patients for treatment, wheelchair provisions and cancer ward visitations, we are there as someone for them to talk to and care for them on their journey with cancer. This can be a bumpy road, so any support we can offer goes a long way.”

“The annual Banquet at the Beach fundraiser is an opportunity for the community to join us. It is a really nice way of bringing together all the work that is done and show the difference that the ICC makes in people’s lives.”

The ICC [Banquet at the Beach](#) fundraiser will be held on Sunday 27 October at City Beach

Function Centre in Wollongong, more information is available via the ICC website

ILLAWARRA VINTAGE CAR CLUB

Eleanor and Philip Symons owned a vintage car, were members of the Illawarra Vintage Car Club and participated in various rallies etc with the Club. Eleanor initiated the involvement of the Club to raise money for the Illawarra Cancer Carers. Many years ago, the Car Club held a number of Trivia evenings that were great fun. These were held in at Ribbonwood Centre (Heininger House area). We would have approximately 6-8 tables and several lovely home-made soups were available that were most welcome on the cold evenings. Raffle tickets were sold and fantastic prizes distributed. Lots of money was raised each time and donated to the Illawarra Cancer Carers. It is good to see that our Sewing Group have continued a connection with the Illawarra Vintage Car Group.

THE SEWING GROUP

On 12 July the Sewing Ladies invited the Illawarra Vintage Car Club along for a morning tea to thank them for their support.



For a number of years now they have been having an annual morning tea and raffle, and all

proceeds have been given to our group, so we thought it was our turn to hold a morning tea and thank them all.

About 14 club members came along (some in their vintage cars - see photos) and joined us for a delectable morning tea, freshly baked



and supplied by the Sewing Ladies. With a few other ICC members calling in for the morning, we had nearly 40 people in attendance, which was enjoyed by all. We also had a stall during the morning tea, so a few of the car club members took the opportunity to purchase some goodies with sales totalling \$148.

As part of this special morning tea, we also took the opportunity to acknowledge one of our long-standing sewing ladies, Beryl Baxter, who has decided to part ways, but has promised to call in and visit from time to time. Narelle presented

Beryl with a lovely certificate, and of course, was not going to miss the opportunity to write one of her hilarious poems, in honour of Beryl.



"ODE TO BERYL"

BERYL'S BEEN OUR CUTTER
FOR AS LONG AS I CAN REMEMBER
FROM THE FIRST FRIDAY IN FEBRUARY
TO THE LAST ONE IN NOVEMBER

STANDING AT THE TABLES
WITH THE LOVELY PINK IN HER HAIR
CUTTING ANY MATERIAL WITH SUCH STYLE,
SUCH PRECISION AND SUCH FLAIR

PEG BAGS, APRONS, HEAT BAGS AND MORE
WHAT MATERIAL SHE DOESN'T NEED ENDS UP
ON THE FLOOR
IT'S PICKED UP VERY QUICKLY, WITHOUT
ANY HASTE
ONLY TO BE USED SOMEWHERE ELSE, NOT
MUCH GOES TO WASTE

SOMETIMES BERYL ISN'T AT HER TABLE
SHE'S VENTURED OVERSEAS WHEN SHE'S ABLE
TRAVELLING THE WORLD, FIJI TO NORWAY
NO MORE CUTTING FOR A WHILE - AND BERYL
SHOUTS HOORAY!!!

PAM IS HER LITTLE DOGGY, SHE'S BEEN IN
TO VISIT A LITTLE BALL OF FLUFF, SHE'S
SO EXQUISITE BERYL LOVES HER LITTLE
FRIEND, SHE REALLY DOES CARE
I WONDER WHEN PAM WILL GET PINK IN HER
HAIR?

AND SO, WE SAY THANKS TO BERYL, FOR ALL
THE WORK SHE'S DONE
WE HOPE BEING PART OF US HAS BEEN LOTSA
FUN
AND WHAT'S THAT BERYL?? WHAT DID I HEAR
YOU MUTTER??
DID I HEAR YOU SAY, "THANK GOODNESS, NO
MORE BLOODY CUTTER!!!?"

DONATIONS! DONATIONS GALORE!

A couple of weeks ago Vera was given contact details by one of our members, Kerrie Lawler, for a lovely lady by the name of Georgia Cohen. Georgia and her Mum had a small business, but unfortunately for them, it is no longer running. Fortunately for us, though, we were offered a massive donation consisting of hundreds of gift boxes, gift bags, jewellery bags, wrapping paper, tissue paper, cellophane, boxes of ribbons and water bottles.



The next task was to arrange to have all this picked up and decide where it could be stored.

This is where Keith & Maria Wilson stepped in – thank you



so much for collecting all the items and transporting them in the ICC van through

numerous trips and suggesting we utilise

storage at Alkira (see photos of Keith & Maria hard at work and the mammoth



task of stacking all the boxes of goodies).



None of these items will go to waste – Jean Fleming has already “snaffled” a number of the larger boxes and is displaying her baby bundles, which are looking so professionally presented. Some of

the other ladies have also suggested using the larger boxes for our Christmas hampers, so watch this space!!

SCOOTERS AND WHEEL-CHAIRS



We have Scooters, wheelchairs push and electric. Walkers, shower chairs, toilet

risers and some get out or sit up in bed helpers

For any of the above

Please ring:

Keith 4297 4007 Mob 0412 466 017

or Bruce 0417 414 986

ACKNOWLEDGING NEW CARERS

New Carers who have their Police Checks confirmed from September will be acknowledged in the following month's Newsletter.

GETTING TO KNOW YOU LUNCHEONS

Come and socialise with – old and new members. Always room for everyone.

12:00 midday at the Builders Club, Church Street, Wollongong

12:00 Midday Wednesday

Reasonably priced lunches available.

All Lunches are on the 2nd Wednesday of the even numbered months 2 4 6 8 10 12

Look forward to seeing you there. **If you could wear your shirt or badge it will help people find us.**

Cheers

The Next Getting to Know You Social lunch for 2024

Wednesday 14 August 12.00 midday at Builders Club, Church Street, Wollongong

LATE BLOOMERS LUNCHEONS

**Collegians Illawarra Leagues Club
Church Street, opposite McCabe Park
11.30 for 12 noon**

All current and past Carers are invited to this enjoyable luncheon on the first, Monday every second month in a relaxed atmosphere. It gives

today's Carers a chance to keep in touch and to have the opportunity to meet with yesterday's Carers.

Late Bloomers is on Monday 2ND September in the above usual place.

Leslie

If you know previous Carers invite them to come along.

Monday 2 September	Monday 4 November
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Haven't been before and want to know more
Ring Leslie Adie: 0407 899 783

JULY BUS TRIP

Our trip in July took us to Kiama for morning tea at Diggies Cafe, then on to Jindy Andy for a browse through the lovely shops with an opportunity to do some shopping. We lunched at St Georges Basin Country Club.



AUGUST BUS TRIP

Illawarra Cancer Carers
Bus Trip to Helensburgh, Saturday 3rd
August

Morning Tea: Sunrise Nursery
Lunch: Helensburgh Hotel
Bus Cost...\$20.00

Pick Up.
Ribbonwood Centre 9.00am
Wollongong Dan Murphys 9.30am

Contacts: Grahame 0407 647 604
Margaret 0411 413 912

SEPTEMBER BUS TRIP

Illawarra Cancer Carers
Saturday 7 September

Morning Tea – Bingara George
Western Sydney Airport
Lunch Penrith Golf Club
Bus Cost \$20.00

Pick up
Ribbonwood Centre 8.30 am
Wollongong Dan Murphys 9.00 am

Contacts: Grahame 0407 647 604
Margaret 0411 413 912

Remember our trip to Floriade on
Wednesday 27 September – all details next
page. If you haven't booked do so now so
you don't miss out.



Did you know these guys had a birthday on
1 August?

I hope you have been enjoying the Olympics.
Something to celebrate on the TV and
different from the usual gloom and doom!

Please to remember to let Audrey know of
any Carer who has lost a family member or
knows of a Carer is not well. Audrey will
send a card.

**To anyone who is sick we send you our
best wishes for a speedy recovery.**

**Cheers everyone
And all the best Keep warm**

Audrey

Illawarra Cancer Carers

Bus Trip to FLORIADE

WEDNESDAY 25TH SEPTEMBER 2024



Morning Tea: Sutton Forest

Lunch: Floriade Canberra

Bus Cost...\$25.00

Pick Up.

Ribbonwood Centre 7.00am

Wollongong Dan Murphys 7.30am

RSVP 1st September

Contacts: Grahame 0407 647 604

Margaret 0411 413 912

Banquet at the Beach 2024



City Beach Function Centre,
1 Marine Drive, Wollongong



Sunday, 27 October 2024 11:30am – 4pm



Doors open: 11.30am
Event concludes at 4pm



A pre-lunch drink at noon is followed by the first course



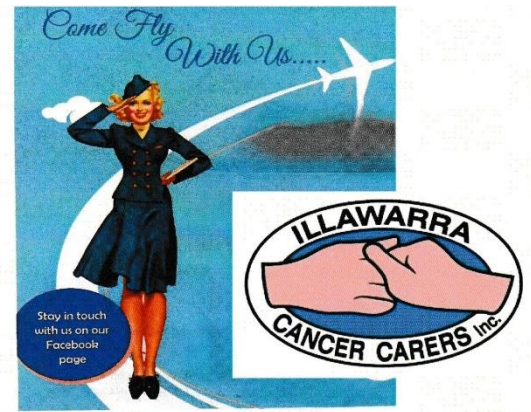
General seating \$160 +BF each
Corporate seating \$200 +BF each



Includes:
3 course meal + drinks package + entertainment
Corporate bookings include a special gift per guest
and logo exposure (for more info go to QR code)
Bookings for table of 10 available.
Event Theme: Come Fly With Us



Bookings are now open, use the QR Code above or
ring Dave (0409 126 091091) if you need
assistance buying the tickets



you're
Invited

Illawarra Cancer Carers major fundraising event is Banquet at the Beach. Don't miss out on this great way to raise funds for a fantastic charity. Book a table for 10 and enjoy this year's theme, "Come Fly With Us".

Sunday, 27 October 2024 11:30 – 4 pm
City Beach Function Centre,
1 Marine Drive, Wollongong